

Sturt Farm, Haslemere

Welcome to the Winter edition of the Sturt Farm newsletter. Read on to find out what is happening in your local area and to find out about the various travel options available to you. If you would like to contribute to future issues or provide us with any feedback, please email us at: travelplans@stuartmichael.co.uk.



Winter 2024/25

Adapting your travel behaviours

Our Newsletters are here to provide you with information regarding what is going on in your local area, how you can reduce your impact on the environment through travel adaptations, and how you can get out to do some physical exercise! This Winter edition provides up-to-date information on your local public bus services and train services and also gives you some ideas for having fun outdoors even in the cold.

Haslemere Farmers Market

Located on Haslemere High Street (a 12 minute cycle from your home), Haslemere Farmers Market runs the 1st Saturday of each month from 10:00 to 14:00.



Support your community by buying local! All sorts of delicious goods are available, from locally sourced meats, to confectionaries and pastries, to flowers and honey.

On your feet

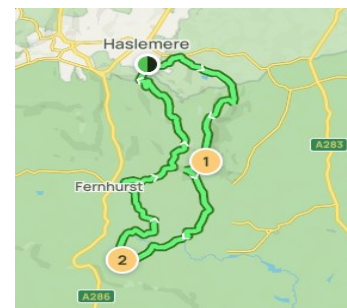
Walking and Cycling are great ways to boost your health, fitness and well-being. It is recommended that the average adult should do 30 minutes of exercise 5 times per week. Walking or cycling to work, the shops or school is an easy way to achieve this target.

Walking and cycling also offer a cheaper alternative to a monthly gym membership!

Alternatively, Healthy Walks are free-led walks which aim to encourage all ages to get outdoors and increase activity. To find out about walks taking place in your local area, or to volunteer as a walk leader, visit: <https://www.slough.gov.uk/sports-activities/healthy-walks>.

Walking and Cycling have great personal health and fitness benefits:

- Lower risk of heart disease, high blood pressure and diabetes
- Stronger bones
- A strengthened immune system
- Better weight management
- Increase energy levels
- Enhanced self-esteem
- Better sleep



Haslemere via Barfold and Verdley Woods Circular

This 20.9-km circular trail near Haslemere, Surrey offers really lovely panoramic views, steady trail and woodlands galore taking in a variety of natural and historic sights. While exploring the forest, you will have the opportunity to interact with local fauna and flora, enjoying the benefits of reconnecting with nature. The views are breathtaking, and there is a little something for everyone.

Public Transport:

Bus services in your local area are operated by Stagecoach. The nearest bus stop to your home is the Bridge bus stop located on Camelsdale Road and is approximately a 7 minute walk away. This bus stop is serviced by bus 70 providing connections to Midhurst and Guildford, bus 123 providing connections Liphook and Bordon, and bus 470 (School Service only) providing connections to Rother College in Midhurst.

Real time bus information can be accessed on the Stagecoach Mobile app. Download from the App Store on Apple or Android by searching 'Stagecoach'.

The government £3 bus fare cap is extended until December 2025 on selected bus services and routes as announced on the 28th October 2024. For more information and guidance visit:

<https://www.gov.uk/government/speeches/national-bus-fare-cap>

New to the app? Head to <https://mytrip.today/> for information on how to download and use the app.



Keep Cycling in the Winter

It's getting colder, darker, and wetter, but cycling to work can still be the highlight of your day if you have the right equipment and attitude. The UK weather is rarely bad enough to stop you cycling. So long as you're prepared, riding your bike remains comfortable, convenient, and satisfying.

Getting outside in the fresh air regularly is good for your mental health too. Plus you'll experience the slow change of the seasons first hand, and as well as gloomy days there will be crisp, clear sky ones that beg to be experienced by bike.

Top tips for cycling in Winter:

Plan your route through apps such as 'CycleStreets', 'Google Maps' or 'Bike Hub'. If you're travelling further afield, don't rule out cycling. You can always cycle part of the way and use public transport for the rest.

Keep your feet warm with a decent pair of socks and a pair of waterproof shoes.

Check your bike to make sure everything is still screwed tightly and ready for the road. Check that the tyres are pumped up and have enough tread.

Ride with the flow of traffic, not against it. Bikes are the safest when they follow the same rules of the road that apply to motor vehicles.

Keep your hands and head warm with waterproof gloves and a hat. If you are riding in icy conditions, make sure you have a snood or a cycling balaclava at the ready.

Wear lots of thin layers as it can be easy to get hot and sweaty when riding a bike, even in the Winter!

Keep it slow as you begin your ride to give your muscles and joints time to warm up properly.

For those who are looking for other people to cycle with, make sure you check out the local club finder at:

www.britishcycling.org.uk/clubfinder

